COMO ALPINA DOLOMITES

# SCHEDULE OF DAILY ACTIVITIES

## PROGRAMMA SPORTIVO

## AKTIVPROGRAMM

COMO SHAMBHALA ALPINA DOLOMITES

| SUNDAY<br>DOMENICA SONNTAG | MONDAY<br>LUNEDÌ MONTAG | TUESDAY<br>MARTEDÍ DIENSTAG | WEDNESDAY<br>MERCOLEDÍ MITTWOCH | THURSDAY<br>GIOVEDÍ DONNERSTAG | FRIDAY<br>VENERDÍ FREITAG | SATURDAY<br>SABATO SAMSTAG |
|---|---|---|---|---|---|---|
| | 8.00am to 9.00am | | 7.00am to 10.00am | | | |
| | Special Yoga : Embody Balance<br>Yoga Room ♡ | | Mountain Silence<br>Mindful Hike ♡ | | | |
| 9.00am to 10.00am | 9.30am to 10.30am | 9.00am to 10.00am | | | 9.30am to 10.30am | 9.00am to 10.00am |
| Energising Yoga<br>Yoga Room ♡ | Pilates Mat: Legs and Core<br>Yoga Room | Energising Yoga<br>Yoga Room ♡ | | | Wake up Flow Yoga<br>Yoga Room ♡ | Energising Yoga<br>Yoga Room ♡ |
| 10.15am to 11.00am | | 10.15am to 11.00am | 10.00am to 11.00am | 10.00am to 10.45am | 10.45am to 11.30am | 10.15am to 11.00am |
| Breathing Exercise<br>Yoga Room | | Breathing Exercise<br>Yoga Room | Pilates Mat: Legs and Core<br>Yoga Room | Meditation<br>Yoga Room | Breathwork Workshop<br>Yoga Room | Breathing Exercise<br>Yoga Room |
| 4.15pm to 5.15pm | 4.15pm to 5.15pm | 4.15pm to 5.15pm | 4.15pm to 5.15pm | 4.15pm to 5.15pm | | 4.15pm to 5.15pm |
| Vinyasa Yoga<br>Yoga Room ♡ | Energising Yoga<br>Yoga Room ♡ | Vinyasa Yoga<br>Yoga Room ♡ | Energising Yoga<br>Yoga Room ♡ | Pilates Mat: Legs and Core<br>Yoga Room | | Vinyasa Yoga<br>Yoga Room ♡ |
| 5.30pm to 6.00pm | 5.30pm to 6.00pm | 5.30pm to 6.00pm | 5.30pm to 6.00pm | 5.30pm to 6.00pm | 5.30pm to 6.00pm | 5.30pm to 6.00pm |
| Gentle Stretching<br>Yoga Room | Mobility and Stretch<br>Yoga Room | Gentle Stretching<br>Yoga Room | Mobility and Stretch<br>Yoga Room | Restorative Stretch<br>Yoga Room | Gentle Stretching<br>Yoga Room | Mobility and Stretch<br>Yoga Room |
| 6.15pm to 6.30pm | | 6.15pm to 6.30pm | | 6.30pm to 7.30pm | | 6.15pm to 6.30pm |
| Intense Sauna Infusion<br>Finnish Sauna | | Classic Sauna Infusion<br>Finnish Sauna | | CS Steam and Sauna Ritual<br>Finnish Sauna | | Mindful Sauna Infusion<br>Finnish Sauna |
| 7.15pm to 7.30pm | 7.15pm to 7.30pm | 7.15pm to 7.30pm | 7.15pm to 7.30pm | | 7.15pm to 7.30pm | 7.15pm to 7.30pm |
| Classic Sauna Infusion<br>Finnish Sauna | Mindful Sauna Infusion<br>Finnish Sauna | Special Birch Sauna Infusion<br>Finnish Sauna | Intense Sauna Infusion<br>Finnish Sauna | | Intense Sauna Infusion<br>Finnish Sauna | Classic Sauna Infusion<br>Finnish Sauna |

♡ Active

Programme is subject to changes. For more information, please contact COMO Shambhala by dialling '700' on your in-room phone.

# CLASS DESCRIPTION

COMO SHAMBHALA ALPINA DOLOMITES

## INDOOR ACTIVITIES

### Wake up Flow Yoga
An active morning yoga practice to invigorate body and mind. The class begins with sun salutations and moves into additional asanas that shake off sleepiness, stretch out stiff muscles and focus your mind.

### Vinyasa Yoga
This moving meditation consists of carefully curated sequences, seamlessly woven together for complete fluidity. This is an energising practice, encouraging you to literally “go with the flow”.

### Energising Yoga
A dynamic morning practice to boost energy and vitality. Starting with sun salutations, the class then moves into additional asanas that shake off sleepiness, stretch out stiff muscles, and sharpen your mind.

### Restorative Stretch
This class consists of a series of long-held, passive floor stretches that mainly work the lower part of the body – the hips, pelvis, inner thighs, lower spine. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians.

### Gentle Stretching
Slow and mindful movements designed to gradually lengthen and loosen muscles and connective tissues, without causing discomfort or strain. It promotes flexibility, relaxation and improved circulation while minimising the risk of injury.

### Mobility and Stretch
This session helps to release muscle tightness, increase range of motion and flexibility.

### Pilates Mat: Legs and Core
An energizing Pilates mat class, designed to target for the legs and core to improve strength, flexibility, and coordination.

### Breathing Exercise
The techniques of intentionally controlling your breathing patterns to improve relaxation, focus and overall health.

### Breathwork Workshop (Pranayama)
Discover the art of yogic breathing (pranayama), which guides meditation and helps to optimize health by increasing oxygen flow throughout the body.

### Meditation
Discover the healing power of meditation in a session that will introduce you to the basics of this ancient therapeutic tradition.

### Embody Balance Yoga Class
This thoughtfully curated class invites you to slow down, soften, and reconnect with your body in a way that feels both supportive and authentic. It’s a harmonious blend of strength and softness, a space where deep feeling meets intentional movement. No prior experience or flexibility is required.

## OUTDOOR ACTIVITIES

### Mountain Silence Mindful Hike
The best way to connect to the inside world is by slowing down and listening to the outside world. This moderately challenging hike takes you up to the Puflatsch Hill, where you can absorb the peaceful morning hours of the Dolomites with all five senses.

Pay attention to your breath, find a pace comfortable for you, and you soak up the smell of mountain air. Immerse yourself in the sounds of nature, feel the wind and the first rays of sunlight on your skin, and feel rejuvenated with every step you take.

## SAUNA INFUSION
It is an eight to fifteen-minute ritual that entails delicately pouring water over the heated stones. Snowballs, infused with our essential oil blend, are gently placed upon the stones, while the 'Aufgussmeister' skillfully guides the warm, aromatic steam through rhythmic movements, harmonizing with the melodic sounds of instrumental beats.

The benefits are aplenty, ranging from stress and inflammation reduction to an enhancement of immune function, providing ultimate relaxation.

### Mindful Sauna Infusion
Helps to purify body and mind with the four elements, essential oils and mindful breathing techniques.

### Special Birch Sauna Infusion
Uses local fresh damp birch leaves that are used for tapping the body which helps to reduce tension and stimulates the blood circulation.

### COMO Shambhala Steam and Sauna Ritual
Join our Sauna Master for a revitalizing two-part experience. Begin with our COMO Shambhala INVIGORATE body scrub in the steam bath to cleanse and refresh the skin. Then, unwind in the Finnish sauna with a traditional infusion - a blend of essential oils and wafted heat for deep relaxation.

All our Sauna Infusion takes place in the Finnish sauna in our Wellness Area.